



Department of Behavioral Health Services

January 2019

Adverse Childhood Experiences: Provider Spotlight



In 1972, two women created a therapeutic preschool that provided a family centered approach to treatment to address the need of children in homes with untreated or undertreated mental health challenges and abuse. This organization is PB&J Family Services. PB&J Family Services is one of seven organizations that have partnered with the Behavioral Health Initiative to bring intensive case management to children and families with high Adverse Childhood Experiences (ACEs) scores. ACEs is an assessment tool that scores different types of abuse, neglect and other negative childhood experiences.

"When you read the current literature on adverse childhood experiences, one of the very important pieces that we look at is children being raised in homes where there is untreated or undertreated mental illness on part of the adult in the home and it has a very adverse effect on children and often results in trauma," said Susannah Burke, former Executive Director for PB&J.

Many of the families that are involved with PB&J also have ties with The Children, Youth and Families Department and others are high risk. A history of incarceration, mental illness, domestic violence, physical, social, emotional and sexual abuse are all factors that are connected to these families. The staff at PB&J is able to help with the whole family.

"We support the families, especially when we are working with high risk families receiving intensive case management and transportation", said Claudia Benavidez, Associate Director for PB&J.



Felicia Tapia, Raymond Garcia, Claudia Benavidez, Susannah Burke

In fall of 2017, the Behavioral Health Initiative started designing a proposal to address the many issues that face children with high ACEs scores. There are currently seven organizations that collaborate with the Behavioral Health Initiative including, PB&J, All Faiths, Centro Savila, A New Day Youth and Family Services, UNM ADOBE, and UNM Young Children's Health Center.

Through the additional funding from the Behavioral Health Initiative, these organizations were able to hire more staff and eliminate waitlists. "When they say my child is in this program or when they call you and say that they did this on their own, you take a step back. Those are the rewards. They didn't call you to go with them; they did it on their own," said Felicia Tapia, Associate Director for PB&J.

Bernalillo County Programs

Bernalillo County's Supportive Aftercare Program Celebrates 10 Years



Melissa King

In the fall of 2008, the Bernalillo County Department of Behavioral Health Services unveiled its low-intensity residential service social model program, Supportive Aftercare Community Program (SAC). This past October, SAC celebrated its 10th anniversary with over 410 individuals passing through their doors.

SAC provides clients an opportunity to reintegrate back into the community through daily activities and life skills training using the Community Reinforcement

Approach (CRA) in the classroom. "I hated it at first, but then I learned to love it and take advantage of the program. I had to completely lose everything, and [to] help build a new life," stated Melissa King, a former SAC client.

King, who has been sober for over 3 years, helps chair a Cocaine Anonymous (CA) group at SAC, works as a surgical tech and is looking to apply to nursing school in the summer. SAC staff helped King with things that she needed like credit and finding a job.



"I think SAC is a great program that offers individuals that want to work on their recovery to come into the community and have a stable living environment which a lot of them haven't

had in quite some time. So a stable living environment to work out what they want their next opportunity in life to be. They continue to receive [and] do programing, so they [can] continue to work on their recovery, but we also add in real life transition. They go out to the community centers, they volunteer, we are trying to get them civically involved in their community in different ways. We create this space that focuses on recovery but we are still in touch with the world. We don't completely seclude them from it because we are

Donnie Strickland

What does recovery mean to you?

Getting my life back together, waking up happy, going to meetings, talking to my sponsor, and getting on with my life.

What is the most important aspect of being a SAC client for you?

Getting doctors' appointments, dental appointments, and getting a job. I will be working for Road Runner [Food Bank] stacking pallets and wrapping.

What were some of the activities you participated in as a client?

I went white water rafting twice, fishing, horse back riding and to Doug's Ceramics. Did you eat the fish? Yes I had a few bites.

What piece of advice would you give to someone coming into the program?

Be prepared to have your life changed in a positive way, to have a schedule and do things. If you want to change, it's your time. Some people come in and leave. It is here if you want to change.



about to return them to it, so it is important for that balance," said Megan Aragon, SAC Clinical Manager.

Activities that the clients participate in include fishing, horseback riding, photography, ceramics, arts and crafts, pickle ball, beginning guitar, resume building, and life skills.

"The programs provided by our team here at MATS are really changing peoples' lives. So many men and women have come back and told us about how they're stable, thriving, reunited with their families and have great jobs. It's amazing to witness their resiliency and the passion that our team brings to work every day. It makes me so proud," said Katrina Hotrum-Lopez, Director, Department of Behavioral Health Services.

Provider Spotlight

New Day Opens Peer Drop-In Center: Youth Blast

It is a weekday afternoon and comfy chairs and coffee tables fill the empty room at Wells Park Community Center providing an open and warm setting for Youth Blast. On November 28th, New Day opened their peer drop in center, looking to bridge the gap for services for youth experiencing homelessness, transition age youth, and adjudicated youth.



"The community really started to identify what doesn't exist, why is it so hard for young people to get access to the services and supports that they need. As a community we were identifying all of these different barriers," said Ali Moore, New Day Community Connections Program Manager.

The staff at New Day has worked with the community and youth to help create a vibrant and youth focused space. Students from Siembra Leadership High school and Health Leadership High School provided the drop in center name and ideas for the logo.

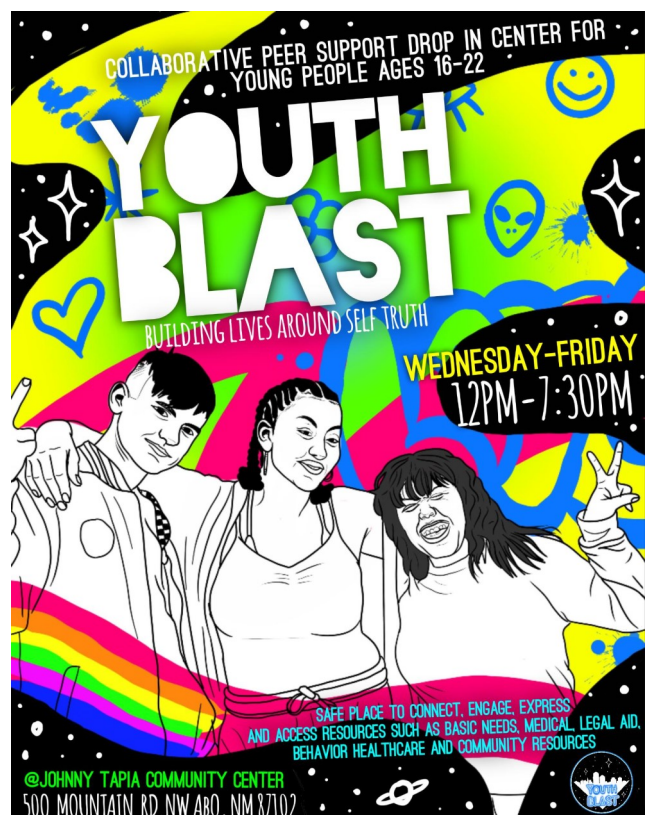
"It [Youth Advisory Council] is the voice of the drop in center, so if they have programs here and it is not working out then we will ask them if we can change it or how can we make it better," said Jazmine Grajeda, a senior at Health Leadership High School who has been helping in a leadership role with the Youth Advisory Council for the drop in center.

The Youth Advisory Council is comprised of 7-10 students who meet regularly and have already started making changes for Youth Blast. They have already reviewed the rules of the space and worked hard to use stigma free language to provide an open space for all youth.

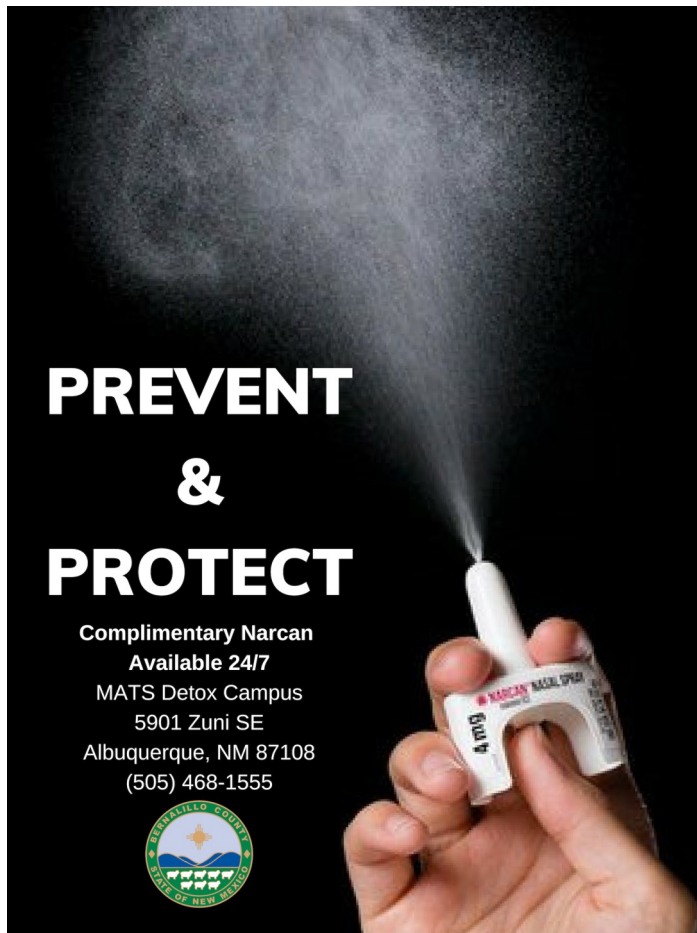
"A peer drop in center is a space for you to come and feel comfortable, to get whatever you need, the basic needs, a place to feel safe, a place to call yours even though there are a lot of people here. It is a space for you to be who you really are," Grajeda stated.

Students will have access to computers, basic needs (toothbrushes, etc.), snacks, and program services including bilingual case management provided by Central Savila, Hepatitis C and HIV testing as well as health education services provided by UNM Truman Health Services, legal services provided by Pegasus, and a poetry group from Warehouse 508.

"I've learned so much about myself. It's changed the way that I look at my life. I look at it as a positive thing. This is something good to be a part of and this is going to help me mold my life to be what I want it to be, no one else," Grajeda said.



Events



Upcoming Events

- Mental Health First Aid Training
Saturday, January 26th at Los Vecinos Community Center
- Mental Health First Aid Training
Saturday, February 9th at
Raymond G. Sanchez Community Center

Please go to mentalhealthfirstaid.org or email jjacobs@bernco.gov for registration information.

Volunteer with Us: Needle Pick up

- January 3rd 3:30-4:30pm
- January 11th 3:00-4:00pm
- February 7th 3:30-4:30pm
- February 12th 3:30-4:30pm

Needle pickup locations available on
www.bernco.gov/dbhs

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